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October 26, 2012



Sharyn Steele produces Independent film, Lumpy



Marlon WhiteEagle
Staff Writer

Ho-Chunk Nation tribal member, Sharyn Steele has followed her passion in producing the independent film, Lumpy. Lumpy is the first film she has produced. Steele is a graduate of University of Southern California's Peter Stark Producers Program. She is the daughter of Elaine Whiterabbit-Etherington and the granddaughter of Mitchell Whiterabbit.

Steele remembers going to watch movies with her mom as a child. She said, "My mom's great love of movies inspired me. I went to Dartmouth College and double majored in English and Film. My grandfather, Mitchell, told me to major in English. Dartmouth had so many interesting film classes. I began taking more and more film classes."

After taking a year off from school, Steele moved to Los Angeles to go to graduate school at USC. The Peter Stark Producers Program is a two year graduate program which accepts twenty-five students

each year. Steele is the first native to graduate from the program.

Steele met Ted Koland, writer and director of Lumpy, at a mutual friend's party in Los Angeles. Steele said, "I read the script and it's a real page turner. For me, it's about good storytelling. Lumpy is a story of redemption and gathering pieces. It became my passion project." Koland appreciates Steele's passion for producing as Lumpy is his directorial debut. He said, "Sharyn is a great independent producer. She was with the production all the way through. She also served as a link to other producers." Steele was the first producer signed on to Lumpy and

brought on other producers after securing distributors. Steele continued, "I flew to Minneapolis on Valentine's Day 2011 to start pre-production and stayed through production. I was involved in casting. It was a total of two and a half months."

Lumpy has been completed and had its World Premiered at the Hamptons International Film Festival on October 5 & 6, 2012. It was featured in the World Cinema Narrative category. Lumpy had its Midwest Premiere at the Twin Cities Film Festival on October 20, closing out the festival. Koland said, "The crowd was a bit older than I expected at the Hamptons. People who



Sharyn Steele: Sharyn Steele producer of independent film, Lumpy



Ted Koland, Justin Long, and Addison Timlin on the red carpet at the Twin Cities Film Festival, the Lumpy Midwest Premiere.



Jae Whiterabbit, Joanne Whiterabbit, Kathy Whiterabbit, and Heidi Tucker on the red carpet at the Twin Cities Film Festival.

saw the movie came out crying. Not because it was a bad movie, but because the issues confronted in it. They came up to me and shared their thoughts. It's so gratifying to move people (with this film)."

Lumpy stars Justin Long and Jess Weixler as newlyweds Scott and Kristin, whose best man, Lumpy, played by Tyler Labine, dies after the wedding reception. The couple finds themselves returning to Minneapolis to plan a funeral instead of going on their honeymoon. They have a journey to let the friends and associates of Lumpy know of his death. As they meet different ones, they learn of Lumpy's most private friendship with Ramsey Anderson, played by Addison Timlin. Ramsey is a fifteen year old girl from northern Minnesota who met Lumpy while he was on an ice fishing trip. Lumpy's dying wishes were to help

Ramsey escape her unsafe home life and pursue her educational/life dreams.

Koland answered questions on why the film was titled Lumpy. He said, "Everyone has a friend like Lumpy and he activates every relationship as the movie progresses."

was born and raised in
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From the Editor

The Lone Ranger, then and now

I remember watching *The Lone Ranger* on TV back when I was a kid. At the time, I wasn't sure if I liked it or not. I think back then I was just thankful we had a TV and could watch whatever was on. I did like other shows for sure but that show was different to me. I guess the biggest difference was that there was an Indian that starred in it. Maybe there were other Indians on TV at the time but I don't remember if there was, oh sure, there were the John Wayne "shootem up and kill the savages" programs but I don't think many of those guys were real Indians.

Anyway, *Tonto* looked like the real deal and after his name finally stuck in my head

I guess I was convinced he was a skin. Jay Silverheels, a Canadian Mohawk, was his stage name. (He was born Harold J. Smith) That sounded real to me, but back then *Dennis the Menace* sounded real too.

I remember how he talked and that was comical to me because I had never heard any Indians talk like that. I was surrounded by Indians and no one ever talked in that Pidgin English. I guess in Hollywood at the time the Indians out there must have spoke like that. California style 50's Indians.

And when he called *The Lone Ranger* "kemosabe" that was funny too. I must have asked my parents what

that meant and I really don't remember their answer. They probably said "go to bed, you got school tomorrow."

Many years later I found out that *Tonto* in Spanish means *dumb*. That was insulting and demeaning and goes to show how much thought Hollywood put into the making of this show.

To many Native Americans this latest version of *The Lone Ranger* may be just another unjust look at Native peoples and how Hollywood has always seemed to see us. But to some it is another chance to see a kind of a Native guy playing another kind of a Native guy. To me it's just another chance to spend way too much money on popcorn.

This role of *Tonto* will surely reawaken feelings about a character that has drawn much criticism over the years as being a Hollywood creation guilty of spreading stereotypes.

So, the new and improved *Lone Ranger* is coming out next year and Johnny Depp will play the part of *Tonto*. I will probably go see it because I like watching movies and I like Johnny Depp's work.

Another reason I want to see this new version of *The Lone Ranger* is because I like the film's director Gore Verbinski, whose movie credits include the *Pirates of the Caribbean* trilogy.

Indians in movies has

always been an interest of mine. I guess until recently there weren't many movies with real Indians in them. Sure, there were movies with so-called Indians, but you could see those junky black wigs and brown shoe-polished faces across the screen, but an honest to goodness Indian playing an Indian was hard to come by.

In this day and age where remakes in Hollywood are the thing, I'm not sure if this remake will make the grade. If it does you will surely see *The Lone Ranger 2* or even 3. Maybe next time they will even have Indians playing Indians...Hi-yo Silver... away!

Release date is July 3, 2013.

Woman sentenced to federal prison for loan fraud and bribery

Submitted by U.S. Attorney's Office, Western District of Wisconsin

John W. Vaudreuil, United States Attorney for the Western District of Wisconsin, announced that Deborah Atherton, 55, Black River Falls, Wisconsin, was sentenced today by Chief U.S. District Judge William M. Conley to four years and two months in federal prison for her role in a loan fraud scheme and a separate bribery scheme involving contracts awarded by the Ho-Chunk Nation. Atherton pleaded guilty on July 9, 2012, to conspiring to submit a loan application, and she stipulated to facts constituting the bribery offense.

Regarding the loan fraud conspiracy, the prosecution presented evidence that Atherton, with assistance from Timothy Whiteagle, obtained over \$900,000 in loans by submitting false W-2s. One victim suffered a \$500,000 loss when Atherton defaulted on the loans.

Regarding the bribery scheme, the prosecution submitted evidence that during the period from 2006 to 2008, Atherton and co-defendant Timothy Whiteagle acted as consultants for a company that received from the Ho-Chunk Nation's legislature a \$250,000 contract to provide mortgages and housing for tribal members. The company then paid \$57,000 to Atherton, who split the money with Whiteagle. Atherton and Whiteagle solicited the company to contribute toward a Pontiac Firebird to compensate a Ho-Chunk legislator—Clarence Pettibone—for helping the

company do business with the Ho-Chunk Nation.

Co-defendants Whiteagle and Pettibone were separately convicted. Pettibone pleaded guilty to a bribery offense based on his receipt of the Firebird, along with money and other valuables, and was sentenced to five years in federal prison on July 11, 2012. Whiteagle was convicted of bribery charges, tax offenses, and obstruction following a jury trial in federal court in Madison. He is scheduled to be sentenced on October 24, 2012.

In a related case, Brian Johnson was sentenced to four months in prison for lying to federal agents during the course of the investigation.

Atherton asked the court for a sentence of probation. The prosecution asked the court to impose a substantial prison sentence, arguing that Atherton's loan fraud had caused a \$500,000 loss and had ruined the victim's life. The prosecution also argued that Atherton was directly involved in Whiteagle's scheme to bribe Pettibone.

In sentencing Atherton to 50 months in federal prison, Judge Conley said that the sentence was based on the serious nature of Atherton's crimes. The court expressed concern about the tragic effect of Atherton's loan fraud on the victim's life and noted the need to deter others who may be considering such crimes. The court also stated that the members of the Ho-Chunk Nation deserve to have confidence in the integrity of their legislators.

United States Attorney Vaudreuil stated, "This office and the U.S. Department of Justice are committed to the

vigorous investigation and prosecution of corruption in tribal governments."

The charges against Atherton, Whiteagle, Pettibone, and Johnson resulted from a joint investigation conducted

by the Federal Bureau of Investigation and IRS-Criminal Investigation, with assistance from the Ho-Chunk Nation; Wisconsin Department of Administration, Division of Gaming; and U.S. Department

of Interior, Bureau of Indian Affairs, Office of Inspector General. The prosecutions have been handled by Assistant U.S. Attorneys Stephen P. Sinnott and Laura Przybylinski Finn

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NOVEMBER 5TH • 9AM-4PM

SNACKS AND REFRESHMENTS PROVIDED

Please join us as we celebrate the opening of the new District III Green Bay Branch Office. Special guests include Green Bay Mayor Schmitt along with Ho-Chunk and Oneida tribal officials. Staff will be on hand to discuss the services and opportunities available to the local communities as well as answer questions.

Badger Honor Flight to announce partnership Ho-Chunk Nation and Ho-Chunk Gaming to sponsor Oct. 13th flight honoring Wisconsin Veterans

Submitted by
Michelle Ramberg
Public Relations Specialist
Madison area non-profit,
Badger Honor Flight, in a
combined effort with the Ho-
Chunk Nation and Ho-Chunk
Gaming, will host the ninth
Honor Flight to Washington
D.C.

On Oct. 13, 85 Veterans will
be escorted on a flight from
the Dane County Regional
Airport and for the first time
in history, this flight will
be sponsored by another
organization.

Nehomah Thundercloud
of Ho-Chunk Gaming, said:
"We are proud to be the first
flight sponsor with the Badger
Honor Flight and show
our continued appreciation
to our veterans for their
unforgettable service."

Badger Honor Flight has
been flying WWII Veterans
to Washington DC to see the
memorials built in their honor.
Since their first flight in 2010,
they have made eight trips to
DC, giving 747 Veterans this
free trip.

"We are honored to work
hand-in-hand with the
Ho-Chunk Nation and Ho-
Chunk Gaming to honor
our veterans," said BHF
President, Brian Zeigler.
"Support from organizations
continue to make this
important mission a reality."
**ABOUT BADGER HONOR
FLIGHT:**

Badger Honor Flight, is a
nonprofit, regional affiliate
of the national Honor Flight
Network. The purpose of
the Honor Flight Network
is to ensure that WWII and
terminally ill veterans from
any war have the opportunity
to see the memorials that have
been erected in their honor.
The Honor Flight Network
provides all amenities to
the veterans, including all
transportation, meals and
lodging. Everything is free to
the veterans because of how
much they have sacrificed
for this great country already.
Donations to Badger Honor
Flight can be made by going
to: badgerhonorflight.org



Two Gaming Commissioners sworn in

Marlon WhiteEagle
Staff Writer

On October 10, 2012
Kyle Funmaker and Marilyn
LaMere were sworn in as
Gaming Commissioners by
Associate Judge Amanda
Rockman at the Tribal Office
Building. Vice President
Greg Blackdeer served as
emcee and gave opening
remarks. Maxine Kohlner
offered the opening prayer.

The Gaming Commission
is an independent regulatory
authority that oversees
training and enforcement
of gaming regulation for
the Ho-Chunk Nation. The
gaming commission is made
up of five members who are
appointed by the Ho-Chunk
Nation Legislature. The
commissioners serve a four

year term, which, according
to the Gaming Ordinance,
should commence on July 1st
of the year of appointment.
In the case of a vacancy
due to "death, resignation,
incapacity, or removal from
office" a position can be filled
by appointment from the
Legislature.

For Kyle Funmaker, this
was her third time being
sworn in as a Gaming
Commissioner. She
remembers being sworn in
for the first time in March of
2002. She said, "My parents
were there that day. Too bad
they are not here today. I
know they would be proud. I
know they are looking down
with smiles on their faces
today." Funmaker was also
sworn in one and a half years

ago. Funmaker said, "I thank
the Legislature for believing
in me. I thank my family
and friends for their support.
I'd also like to thank Judge
Rockman for swearing me in
for a second time."

This is Marilyn LaMere
first time serving as a
Gaming Commissioner.
LaMere has worked at Ho-
Chunk Casino for nineteen
years. She said, "I'd like
to thank Greg Blackdeer,
the Legislature, and the
Executives for choosing me
for this position. I'd like to
thank my family for coming
here to back me up and for
believing in me. I'd also like
to thank my co-workers at
Ho-Chunk Casino, where I
worked for nineteen years. It
was there I developed a lot
of ideas that will help me be
an asset within the Gaming
Commission. I witnessed a
lot on the gaming floor. I will
use my observations to help
the Gaming Commission." LaMere wants to see decision
makers get out of their offices
and onto the gaming floor.



Hon. Amanda Rockman administered the oath of office to new Gaming Commissioner, Kyle Funmaker.

She also spoke for her parents
and grandparents. Her parents
are George LaMere, who was
the first Ho-Chunk to graduate
from the University of Miami.
Her paternal grandmother
fought in battles alongside
of Ho-Chunk warriors.
LaMere said, "She fought
and prepared meals for the
men." LaMere's grandparents
were Charles and Caroline

Blackdeer. She said, "My
coka Charlie composed the
Chief's song." LaMere looks
for to upholding her duties as
stated in the Oath of Office
and Constitution.

Funmaker and LaMere join
Dan Blumer and Joe Decorah
as Gaming Commissioners.
Cake and refreshments were
served after the oath of office.



Brian LaMere, Marilyn LaMere, and Curtis Cloud enjoy the Oath of Office ceremony.

**Attention: The Next Deadline of the
Hocak Worak will be Nov. 9th which will be
published on Nov. 16th. Please contact
Enrollment at ext. 1015 if you have a change of
address or would like to be placed on
the mailing list.**

The Hocak Worak is a periodical published twice monthly by the Ho-Chunk Nation. Editorials and articles appearing in the Hocak Worak are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Hocak Worak staff or the Ho-Chunk Nation.

The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content.

The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material.

Submissions deadlines for the Hocak Worak are by 4:30 PM. We cannot guarantee the publication of submissions meeting these deadlines if the space is not available. No part of this publication may be produced without express written consent from the Editor.

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The Hocak Worak
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HOCAK WORAK NEWSLETTER

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Basket making project weaves culture and community

Ken Luchterhand
Staff Writer

In Wittenberg, you can find baskets for picking berries, others for holding laundry, some for transporting fish, and others as picnic baskets.

Some are round, some rectangular, some square, some with legs, some with none.

Tall one, short ones, some are colorful, with reds, greens, browns and blue. Some are plain, just a light tan.

The important thing to note is that all these baskets were made of black ash by hand, from beginning to finish, all part of a cultural studies project created by the staff of the Wittenberg Youth Center.

The idea for the project came from Nicole Oknewski, teacher. The idea came when asked to put together lesson plans based on our areas culture significance. In other words, what the Wittenberg area is known for.

About two years, Gloria Visintin set up basket making displays and demonstrations in Wittenberg at the Best Western conference center for all the Ho-Chunk areas. After watching and learning how to make a basket we noticed the youth were very interested and several were already

of the borer, which burrows under the bark and separates the bark from the rest of the trunk, therefore killing the tree.

After the information session, the group moved to the woods, where the DNR rep helped them identify white ash trees, then the black ash trees. They also placed a large purple bug trap laced with pheromones to capture some of the Emerald Ash Borers to examine the bugs' presence in the area.

Then, in June of this year, the group went into the woods and cut Black Ash trees for their project. After the trees were lumbered, the logs were soaked in the river, which kept the wood moist.

Later, the logs, about six or seven feet long and a foot in diameter, were taken from the river and the group of youth, plus elders as instructors, proceeded to pound strips from the logs for the baskets.

But before the strips were made, the logs needed to have the bark removed. Once that is done, two notches were put in one of the log, about two or so inches apart. Then the work begins. A hammer, mallet or maul is used to beat along the entire length of the strip. By doing so, the wood

the sides of the basket and to weave between the supporters.

Color is always an attractive feature, so the strips are sometimes dyed to give each basket its own distinguished look. "We learned about making natural dyes from plants, such as bloodroot, dandelion roots, crushed acorns and milkweed, however, all of our dyes we used this time are from Rit dye," said Oknewski.

Once dry, the weaving of the strips is performed, creating colorful and stylish baskets that are as unique as the person making it.

"They come pretty easy once you get the first one done," Oknewski said.

Young and elderly alike joined in the project.

"This was a community project. It wasn't just a project for the youth. We included members from the Wittenberg community," she said.

The project wasn't funded, so some of the community members provided money for the various expenses. Awnings were assembled to provide shade while working on the logs and baskets.

"My grandma helped. For them, it wasn't a big to-do. It was just a way of life. It



Nicole Oknewski, teacher at Wittenberg Youth Center, displays some of the baskets that were made, with one still under construction, by the youth and the members of the Wittenberg community.



making attempts to be hands on. The wheels were set in motion to develop their own program, including the youth, but open to the community.

The project was to educate the participants, so the first step was to bring in a representative from the Department of Natural Resources. The DNR rep first explained the current threat to ash trees by the insect, the Emerald Ash Borer. He said damage is done by larvae

separates along the lines that are considered growth rings and the strips can be carefully separated from the log. Once the strips are removed, the strips that are thick enough will be split. Finally, each strip is scraped to leave a smooth surface.

There are two forms of Black Ash strips the group made: the supporters (or framers) which are a little wider and thicker, and the weavers, which make

would bring togetherness of the families," Lanette Walker, Center Director said.

Some people would make lunch and the group would work and eat together.

"It was a big learning process for all of us," Walker said. "We ran into problems along the way, but we had help from people who did know. Hopefully, we can continue it from year to year."

What makes the project great is that so many people

offered their time and talents toward the end goal of education, culture and unity.

"We had a lot of help from various members of the community," she said. "We had help from guys who had trucks and could haul the logs for us. It was a sense of community togetherness. It's refreshing to know that there are families who still do this today."

Their desire to share the knowledge of basket making continues. The group will be presenting the materials and the techniques to the Wittenberg-Biramwood fourth grade students on Nov. 20 at the School Forest Building. They plan to have a showcase display and take materials.

They also will be working with the art class teacher at the school prior to the event on Nov. 20. The art teacher

and the group will offer the basket making techniques to the elementary students.

"This gives them another avenue for hands-on experience," Oknewski said.

Violet Whitewing, Master Basket Maker, will be talking about the history of basket making. She is one of the featured artisans that were at their showcase last summer.

"We're going to continue throughout the year what the kids didn't finish," Oknewski said. "We have some strips that are for sale. We'll use it as a fundraiser with the money going back into the project."

Of the group, nine people stayed with the project from beginning to end.

"It's neat that there's youth out there who know how to make baskets," she said. "I even got boys interested in making them."



Nekoosa Charter School integrates culture with real life studies

Ken Luchterhand
Staff Writer

Almost three years ago, a new venture in Ho-Chunk education opened its doors: the Niikuusra Charter School.

And since that time, its students have been making great accomplishments academically and personally, gaining confidence and maturity, while instilling a sense of cultural belonging.

The school has been located inside one of the classrooms at the Nekoosa Middle School, which provides some benefits such as access to other resources, extra-curricular activities such as sports.

The creation of the charter school was necessary because the former method just wasn't working.

"Ho-Chunk children were failing 100 percent in regular

public schools," said Ona Garvin, language and culture teacher at the school.

The charter school is an alternative way to learn, blending the subjects into a "project-based" learning environment. Instead of formal, subject based classes, each student chooses a topic of interest to study for a "real-life" project. The projects encompass the subjects of math, writing, reading, social studies and science, but make the subjects pertain to the real world, therefore making the learning more applicable and enjoyable.

When Kristin Kania and Garvin began as teachers three years ago, there were no students signed up for enrollment in the Charter school, so the team went knocking on doors. To gain some extra time to recruit



Students move around the classroom as instructions are given in Ho-Chunk language by a student, in a rotating fashion, at the Niikuusra Charter School in Nekoosa.



Group interaction and conversation are main components in learning, as Ona Garvin (standing) offers suggestions to the students.

students, classes began on October 1 instead of the traditional date after Labor Day.

"We started with four children and, by the end of the year, we had seven. We gained two in the middle of the year," Garvin said.

Four of the students were in eighth grade during the first year, and because the charter school covers up to grade 8, the charter school was down to three students for its second year. But some word-of-mouth promotion, plus some promotion from Garvin and Kania, resulted in five

students for the second year. Now, this year, the number of students is up to seven.

As a public school, the School is open to all students. Students who live outside the School District of Nekoosa must apply for open enrollment to be admitted. All students who demonstrate the academic aptitude to be placed in grades five through eight are welcome to complete an application. Students who successfully complete an application will be placed in the student selection lottery.

Participation in the school is voluntary and open to students who live outside the School District of Nekoosa. Once admitted to the school students are welcome to remain until the end of eighth grade.

The emphasis is to incorporate the Ho-Chunk language and culture into its everyday curriculum.

"We use the language as a living language, meaning we want to be able make conversations and to be able to express ourselves in Ho-Chunk," Garvin said.

"Also, we want them to learn the treaties, taught from our perspective instead of someone else's."

Kania said that she and Garvin view themselves as advisers, rather than teachers.

Because the grades range from fifth through eighth grade, classes are a mixture of children of different ages. This could create problems, but instead it creates opportunities.

"It gives the older students a chance to help the younger ones," she said.

The school year at the charter school is structured a little differently from most public schools. Instead of having semesters or quarters, the school year is broken down into six-week blocks, with each block having a theme.

The curriculum is project-

based, so all of the subjects taught in the school are reinforced through real-life examples in the projects. Kania provided an example of a student's project to give some perspective on the basis of learning at the school.

One student's project was concerning a community issue and the information surrounding it. The topic is concerning factory farms, since such a farm is being proposed in the area. Community members have erected signs on their properties to show their support or opposition to the possibility of one moving into the area.

The student began the project by first researching the issue, providing documentation from both sides of the proposal. Then, the student attended a town hall meeting in which the issue was discussed. Next, the student began interviewing people who were for or against the factory farm. All work was documented, showing the progress and giving all the factual information pertaining to the economic impact.

By doing such a project, Kania said, the student used research skills, listening and communications skills during the meetings and interviews, and math skills in reporting the economic impact.

"We tie in all basic subjects, such as language arts, social studies, science, math and reading," Kania said.

Another benefit includes gaining confidence and growing in maturity.

"We tell them to try it first, and then come to me if they need help," she said. "I also try to answer their questions with a question, one that essentially helps them answer their own. I want them to know I'm not here to give them the answers; I'm here to help them be able to find the answers they seek."

Reclaiming Our Spirit

Behavioral Health

Many mental health issues may call for therapy in addition to medication. If you or someone you care about shows any of the following symptoms, seek help from the HCN Division of Behavioral Health. We offer services for mental health and substance abuse issues.

- ~ Feelings of sadness, hopelessness, anger, worthlessness, guilt or fear that don't pass with time
- ~ Unexplained fears
- ~ Excessive worrying, including about physical appearance
- ~ Inability to focus or relax
- ~ Excessive alcohol or drug use

Please contact us at:
Ho-Chunk Health Care Center
N6520 Lumbeejack Quay Road
Black River Falls, WI 54605
715-284-9851

Partners in Parenting:

Partners in Parenting (PIP) is a fun way to meet other parents, learn something new, and have lunch on us! A new topic related to parenting will be presented each month. Native American parents and children are welcome. Raffles and prizes at each session! Lunch is served by the HCN Nutrition Program.

All sessions meet 1130AM-1PM.

House of Wellness, in the Alberta Day Room:

October 25th: "Oral Health: Preventing Baby Bottle Tooth Decay" with Edgewood Nursing Students
November 29th: "Healthy Eating" with House of Wellness Nutritionist, Nicholle Oman
December 13th: TBA, due to holiday please note earlier date!

BRF, in the Community Health Classroom:

November 13th: "CPR and First Aid for Parents" with Pam Reimer, RN/CHN Nekoosa
December 11th: "Healthy Eating" with BRF Nutritionist, Kathy Braaten

Need a ride to PIP? Please let us know! Help with transportation available.
For more info call Shawn Nadeau, RN at 608-797-0426

Vice President Joe Biden speaks at UW - La Crosse

Ken Luchterhand
Staff Writer

Vice President Joe Biden addressed a crowd of more than 2,000 people at the University of Wisconsin - La Crosse on Oct. 12, a day after his debate with Congressman Paul Ryan.

An overflow crowd of approximately 300 people remained outside the Cartwright Center to hear Biden's message.

Biden spoke about Afghanistan, education, the economy and women's rights.

The standing-room crowd greeted the vice president to a thunderous ovation as he and his wife, Jill, entered the stage.

"I'm sure you observed last night we had a little bit of a debate," Biden said. "For anyone who watched that debate, I don't think there's any doubt that Congressman Ryan and I, Governor Romney and the President, we have fundamentally different visions for America and, quite frankly, a fundamentally different values set.

"And, the fact is, the differences that we have about the future of this country is quite profound. There are as profound as any differences in any presidential campaign that I've observed, that I've been involved in," he said. "And, truth is, I think people were listening. If there were, they know what some of those differences are and they know how those differences can fundamentally affect the direction of this country."

One of those areas was the area of Afghanistan.

"I made it absolutely clear, on behalf of the president and I, that we are leaving Afghanistan in 2014 period."

To that comment, the crowd gave a loud roar of applause.

"We have trained more than 350,000 Afghan military personnel. It's their responsibility to step up for their defense of their nation," he said. "We went for Al Qaeda, we went for bin Laden, we accomplished that goal and now it's time, and they're willing, it's time for them to stand up as we draw down.

"Congressman Ryan made it very clear that Governor Romney has a very different view. Although he says he thinks we should get out in 2014, although he says that makes sense, we should never have announced that, and I might add that had we not, the Afghans would never have step up, we should have never announced that and when asked if you can guarantee we get out, he said 'It depends.'"

"It depends on nothing other than a date, as far as where we're concerned," he said. "It depends. It depends on which day you ask him the question."

Biden disagrees with Ryan's budget plan and how it impacts education.

"Congressman Ryan is now saying, even though he passed the Ryan budget through the House of Representatives to become law, which drastically cuts the budget across the board 19 percent of eviscerating education and so many other things," Biden said. "He said 'No, no, no. That's not a cut. It's just a smaller increase.'"

"Well, I want him to tell that to your parents when they can't take that \$2,500 tax credit next year, if they were to win. Tell that to those 200,000 kids who have been kicked off early education. Folks, on taxes, if you go back and take a look, Paul Ryan saying that his budget isn't really a budget cut is like Governor Romney standing in an unemployment line saying to a guy, 'I didn't outsource your job, I off-shored it.'"

To this comment, Biden received a roar of laughter. "That's the distinction they make."

Biden told a story of how Romney outsourced jobs while governor, besides as CEO of Bain.

"The governor of Massachusetts created a call service that people in Massachusetts could pick up a telephone and call to see if they were entitled or not for unemployment benefits," Biden said. "They got someone in Asia. He outsourced that."

People booed at that comment.

"I'm serious. Imagine the feeling of the guy calling and saying 'how about my unemployment check' knowing that he could have that very job the person he's calling has. But it has been outsourced."

When Biden asked them about that issue, they denied the claim.

"When I said that, they said, 'No. Biden doesn't understand. That's not outsourcing, that's off-shoring,'" he said. "Well, ladies and gentlemen, these unusual distinctions are real, more than misleading."

Biden defended the present administration's tax breaks for the middle class, yet wanting to let tax breaks to the wealthy expire.

"They say we've raised taxes, yet 98 percent of Americans have received \$3,600 tax break the last three years. And now we want to make sure we make tax cuts for the middle class that's due to expire in January, that we make that permanent."

"But you know what their answer is. They say 'no.' They say, 'we will not make the tax cuts to the middle class permanent unless you agree, Obama and Biden, to extend the tax cuts to the very wealthy.'"

"Let me put this into perspective for you. That tax cut costs, for just the wealthy, one trillion dollars over the

next 10 years. Eight hundred billion of it goes to people with a minimum income of \$1 million. Five hundred billion dollars goes to a 120,000 families making an average of \$8 million a year, while they eviscerate education, while they refuse to pay tax cuts to go forward to the middle class."

Biden raised the issue of Romney paying a lesser effective tax rate than people in the middle class.

"Ladies and gentlemen, only a man who answers a question on 60 Minutes as Governor Romney did, about 2 weeks ago, when asked by the moderator 'do you think it's fair, that when you only pay 14 percent rate on 20 million on income when someone making 50,000 pays at a higher rate?'"

"The governor said, 'Yes. That's fair,'" Biden said.

"And another thing I learned it that Romney is no longer for that tax cut that he's been talking about - the \$5 trillion tax cut. It's amazing - it evaporated. I don't know where it went. He says that tax cut he's been calling for will be fully paid for by doing away with exemptions for the very wealthy people. Now, the one exemption, the one 'loophole' that he's made clear that you cannot get rid of is the one that allows him to pay 14 percent. And when asked 'what other loopholes will you cut?' they refuse to name one. Not one," he said.

The bipartisan group called the Tax Policy Center said the Romney plan will raise taxes for a middle income family with a child the average of \$2,000 a year, he said. Every model looked at it says that taxes will need to be raised on the middle class for them to succeed in their tax cut.

"It's time to lift the burden off the middle class, not double-down on the Great Recession that hit them," Biden said to loud applause from the audience.

Not only did Romney say that 47 percent of the people being unwilling to responsibility, Ryan said in a speech 30 percent of Americans are takers, Biden said.

"I don't know who these guys are talking about. These people are like my mom and dad were. The people in the neighborhoods I grew up in. 82 percent of them pay their payroll taxes and other taxes at an effective rate higher than Romney pays his taxes. Over 10 percent are senior citizens on Social Security. The rest are disabled vets and military personnel fighting now. That's the 47 percent. The 47 percent this nation depends on to build this country," he said.

"It's time Governor Romney takes some responsibility," he said. "Take some responsibility to help the American people, the



Vice President Joe Biden campaigning at University of Wisconsin - La Crosse.

middle class instead of lining up to sign a pledge to a guy named Grover Norquist - sign a pledge. I tell you, it would be funny if it weren't so serious. They signed a pledge ... a vast majority of Republicans in the House signed a pledge that 'we will not raise taxes one dollar on the wealthy - not one.'"

"Ladies and gentlemen, it's time Romney and Ryan and the Republican congress take a pledge to the middle class people saying, 'We're going to level the playing field. We're going to get you back in the game. We're going to give you a fair shot again,'" Biden said.

"It's time. It's time to acknowledge what got us into this trouble in the first place. They talk about the Great Recession like it dropped out of the sky. Where did it come from? Or as my little granddaughter would say, 'Did Casper the Ghost do it, pop? Where did it come from?'" he said. "It came from their policies of shredding reasonable regulations on Wall Street, allowing banks to write their own rules, continuing trillion dollar tax cuts for the very wealthy. That's what got us here."

And on women's issues, Biden doesn't believe Romney and Ryan are looking out for their best interests.

"It was made very clear that they do not believe a woman does not have a right to control her own body - that's between her and her doctor. And now, now they say they're willing to make an exception in the case of rape and incest. Ladies and gentlemen, Congressman Ryan was the leader in the House who even blocked those exceptions. And now these guys pledge that they're going to defunct Planned Parenthood, which under law cannot perform an abortion."

"Can you imagine, the next president is likely to have almost surely one and probably two Supreme Court appointees? Rowe v. Wade is hanging. Do you think they're possibly going to appoint two justices of the court who aren't going to join Scalia and others to overrule Rowe v.

Wade?"

The single most consequential decision the president makes, other than going to war, is the appointments to the Supreme Court because those appointments live on long after the president is gone, he said.

"Congressman Ryan voted against the Lilly Ledbetter Act, which gives a woman a cause of action when she found out that she was cheated in her employment, but the statute of limitation didn't kick in and prevent her from bringing an action when she was cheated," he said. "I happen to think my daughter should get exactly what a man is being paid."

"Barack Obama and I are absolutely positively committed to insuring that our daughters and my granddaughters have the exact same rights and opportunities to control their lives as my sons and my grandsons," he said.

Romney and Ryan talk about a culture of dependency and a nation in decline, Biden said. He believes their tone is very negative about the future of our country.

"I don't see Americans who think they are dependent. I see Americans who are looking for nothing more than a shot. They're not looking for a handout. They're just looking for a shot - a level playing field. How can they have such a profound misunderstanding of the people of this country?" he said. "I have news for Gov. Romney and Congressman Ryan: American is neither dependent nor is it in decline."

Biden believes the best days for Americans are still ahead of us and that the leader of the country has a great deal to do with bringing the people toward that bright future.

"My distinct message to Congressman Ryan last night, and to Governor Romney: Gentlemen, it is never, never, never been a good bet to bet against the American people. You always lose when you bet against the American people," he said.

The Heartland RV Tour stops at Tribal Office

Marlon WhiteEagle
Staff Writer

The Heartland RV Tour made a stop at the Tribal Office Building on Thursday, October 18, to gain support for the Obama-Biden campaign. The tour has been making stops at campuses and other location throughout Wisconsin and the Midwest. Obama campaign team members and various celebrities share Obama's plan and why they support him. When the Heartland RV

Tour stopped at the Tribal Office Building, they brought in actor Justin Long. Long is famous for acting in such films as Galaxy Quest, Jeepers Creepers, Dodgeball, Live Free or Die Hard, He's Just Not That Into You, and most recently, Lumpy, produced by Ho-Chunk tribal member Sharyn Steele. Long is most proud of his voice work as Alvin in Alvin and the Chipmunks, the Squeakquel, and Chipwrecked.

The Heartland RV Tour

features a recreation vehicle decorated in Obama campaign colors. Long's arrival was much anticipated by employees at the Ho-Chunk Nation headquarters. Vice President Greg Blackdeer greeted Long as he exited the RV and escorted him to the atrium. Sheigh Freeburg gave brief statements about the purpose of the Heartland RV Tour and introduced Justin Long.

Long shared a bit about himself and why he supported Obama-Biden throughout his speech. He credited his fellow actor, Kal Penn, for getting him involved in Obama campaign efforts. Penn appeared in the popular film Harold and Kumar series and in television's 24, House, and How I Met Your Mother. Penn accepted the position of Associate Director in the White House Office of Public Engagement with the Obama administration. Justin Long champions the environment; which is why he supports Obama. President Obama politics are more environmentally friendly. Long said, "I'm not here to tell you who to vote for. I'm here to share why I support the President." Long closed his speech with "Pinagigi".

After Long's speech, Vice President Blackdeer presented Justin Long with a Pendleton blanket. Tribal Office Building employees and event attendees seized the photo opportunity with Long. First, attendees snapped their photos in the atrium. Event organizers announced that everyone was welcome to join in a large group photo outside by the RV. Even as Long walked outside, he stopped to take photos with attendees. Outside, attendees continued to swarm Long and snap photos. It was a fun and



Long arrives with the Heartland RV Tour at the Tribal Office Building.



Justin Long receiving a Pendleton blanket from Vice President Blackdeer.



Long presents his support of President Obama.

exciting time for everyone.

The event was sponsored and planned by Obama for America. Ho-Chunk tribal member, Arvina Martin, who works with the Democratic Party of Wisconsin, was instrumental in making the Tribal Office Building stop happen. Other Obama campaign team members were Diane May, Joel Nilsestuen, Sheigh Freeburg, and Bob Jambios.

After the event, Justin Long shared an inappropriate message on Twitter. Long

has since apologized on Twitter. Long also stopped me as I was departing the Twin Cities Film Festival and asked me to be sure to let the Ho-Chunk Nation know he apologized. Long said, "I have to apologize to you. I shouldn't have used that language. It was more of a self-deprecating statement about me."

Early voting began in Wisconsin on October 22 and ends on Election Day. Remember to vote.



Heartland RV Tour team members.

Mitt Romney answers questions from Indian Country Today Media Network in exclusive exchange

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Not willing to cede the American Indian vote in what promises to be a close presidential election this November, Republican candidate Mitt Romney agreed to discuss with Indian Country Today Media Network some of the important issues facing Native citizens and tribes today.

"I respect and support the sovereignty of Native American tribes and recognize the importance of their culture to the rich fabric of this great country," Romney says. "I welcome the support and input of the tribes in our fight to restore America as the most prosperous country in the world and a beacon of liberty."

While the former governor of Massachusetts is saying the right things about sovereignty and other tribal matters, he still has an uphill battle to convince a majority of Indians that they should support

him. He has met with tribal leaders and hosted a Native fund-raiser this summer, talked regularly with Indian consultants during his long campaign, and his people helped write the strong tribal sovereignty-focused platform that was unveiled in August at the GOP convention. These actions matter, Romney's Indian supporters say, because while Democrats have taken action on behalf of Indian country in recent times, Republican ideas have long been the impetus for tribal self-determination and economic development—strong and widely supported philosophies in most of Indian country. Indians have learned that no matter who seems to be their best friend in Washington, D.C. at any given moment, it is always smart to foster relationships across the aisle to be sure that Native voices are consistently heard and Native concerns are addressed.

In courting Indians, Romney is not afraid to express views

that will be unpopular with some tribal citizens, such as his fervent support for the Keystone XL pipeline, saying that it is a "crucial step" in his plan to achieve North American energy independence by 2020.

President Barack Obama's interview with ICTMN this past week was the first time a sitting president did a Q&A with the Native press. Similarly, Romney's answers here, submitted via e-mail, are a milestone, the first time a Republican challenger for the presidency has done a Q&A with the Native press.

Many Republicans, including President Richard Nixon, have been among the greatest supporters of Indian self-determination. Do you see yourself continuing in that tradition?

Americans Indians truly embody the American spirit of entrepreneurship, hard work and self-reliance. It is this spirit that will help our country return to economic prosperity. I acknowledge



Mitt Romney with running mate Paul Ryan (AP)

and appreciate this spirit and will support tribes in their efforts to create and expand their economic opportunities. As president, I will be committed to providing tribes a seat at the table so that we can work together to get our economy back on track. I value the tribes' input, and my administration will work to foster a culture of collaboration and respect.

What does tribal sovereignty mean to you? Do you see it as akin to states' rights?

Tribal sovereignty is a fundamental part of our national heritage and is recognized in our Constitution. I respect and support the sovereignty of Native American tribes and recognize the importance of

Continued on Page 12

Ho-Chunk driver completes first ASA run

Submitted by
Power Motorsports Media

Scott Kingswan no longer is new to American Speed Association competition, though he'll still be a rookie next year.

Kingswan – an employee and member of the Ho-Chunk Nation – competed in the ASA Midwest Tour Truck Series' finale at La Crosse Fairgrounds Speedway, Friday, his first effort in the series. The event was part of Oktoberfest at La Crosse, which included the Dick Trickle 99 – an annual event named after the Wisconsin driver, who won hundreds of local stock car events before advancing to NASCAR competition.

Despite competing in few events in his career, Kingswan became committed to driving in the series for MAC Motorsports, owned by Mike Carmichael. MAC also owns the truck driven by Dann Barber, who won two events this season and this season finished third in season standings.

"The objective was to get seat time," Kingswan said. "I haven't spent much time behind the wheel in this series and I wanted to get a race in, before next season."

The ASA rookie encountered trouble early, during a practice session Friday afternoon. Kingswan and another driver made contact, sending him to the pits for body repair to the truck. Carmichael said he could tell Kingswan was hesitant in the truck, during the heat race soon after, but the driver recovered to qualify 12th for the feature event that night.

As the sun set Friday evening, track temperatures dipped significantly. Strong winds and temperatures in the low 30s, had drivers making adjustments to their trucks to counter track changes caused by the weather. Kingswan braved the cold and avoided trouble the rest of the night, to finish the feature in 13th, a lap down to race-winner James Swan. Barber finished second.

Kingswan said he wants to run the series full-time in 2013 and will be searching for multiple sponsors throughout the offseason.

"I think I'll continue to improve as I run more races," he said. "A key is finding sponsorship and I'll be searching for support, so we can run the whole season."



Scott Kingswan prepares his truck for a competition in the ASA Midwest Tour Truck Series at the La Crosse Fairgrounds Speedway.

Phil Vassar entertains at Ho-Chunk Gaming - Madison

Submitted by
Rikki Blair, HCG-Madison
Marketing Assistant

On Saturday October 13th
Ho-Chunk Gaming Madison

welcomed a local country music group, Madison County and nationally known country music songwriter and performing artist Phil Vassar

to their stage. Phil Vassar is widely known in country music for his songwriting contribution to popular artists such as Tim McGraw, Alan Jackson, and Jo Dee Messina. The guests and fans were thoroughly entertained with a performance that gave them 3 hours of country music at its very best and a memory that will surely not be soon forgotten. This is the second enjoyable concert put on by Ho-Chunk Gaming Madison. In 2010, former lead singer for Poison, Bret Michaels played at the casino.



Country star Phil Vassar comes to Madison.

Lumpy

Continued from Page 1

Minneapolis, Minnesota, which is where much of the film takes place. Koland continued, "I like the architecture and culture of the area. One of the ways I was able to get this movie made was by casting all the roles from local talent. We shot it in March/April because we had some cold weather scenes; there's an ice fishing scene."

Doing press for the festival and the film, Koland called Lumpy a "dramedy" that takes place in the wake of somebody's death. Koland said, "The film is told from the point of view of Scott, Justin Long's character. Justin is so likeable. I saw

him in *He's Just Not That Into You*."

Justin Long is a familiar face to those who swarmed him at the Heartland RV Tour at the Tribal Office Building on October 18. Long was campaigning for President Barak Obama in recent months through Ohio, Illinois, and Wisconsin; with one stop at the Ho-Chunk Nation headquarters. Long is also a familiar face from films such as *Galaxy Quest*, *Jeepers Creepers*, *Dodgeball*, and *Live Free or Die Hard*. Long was also casted by the late Apple co-founder, chairman, CEO, Steve Jobs as the Mac in the Get a Mac ad campaign. Long said, "He said I reminded him at a younger age."

Long is commonly casted in comedic roles. He said, "I never look at things that deliberately, whether my

role is not so comedic." Lumpy allowed Long to do something a little different. Long described his role as someone losing someone to propel a story, you deal with the struggle and the mystery. He said, "I responded to the script. It offered well written and realistic dialogue. I got to be someone who was straight and narrow." On shooting the film, Long said, "I've never been to Minneapolis and the movie was located here. We always had stuff to do. I love eating; we went to different spots around town. I like friendly people; Minneapolis has some of the friendliest people."

Addison Timlin as Ramsey was a fortunate last minute casting. Koland said, "Addison signed on and flew up to Minneapolis two days later." Timlin was nineteen years old when Lumpy was

shot. Now twenty-one, her acting career has gone into overdrive. Look for her as the lead female in *Odd Thomas*, based on the Dean Koontz novel. Timlin can be seen in *Stand Up Guys*, alongside Al Pacino, Alan Arkin, and Christopher Walken this winter. She can also be seen on ABC's *Zero Hour*. Steele said, "Addison's role was heartbreaking. She came to the set well prepared. She's incredibly talented."

The other notable Hollywood talent who worked on Lumpy: Director of Photography, Seamus Tierney, and Casting Directors Tricia Wood and Deborah Aquila. Several Ho-Chunk tribal members were extras in the movie. Carolyn Blackdeer, Marlene Helgemo, Joanne Whiterabbit, Jae Whiterabbit, Camille Whiterabbit were extras for a few days

during production. Steele said, "They have been role models to me and I'm so very fortunate to have had and have them in my life: My influential grandfather, Mitchell Whiterabbit, who was a trailblazer doing many groundbreaking things in his life and whose path I hope to follow in that regard. Growing up having Mitchell and Camille Whiterabbit as grandparents set a great foundation for me and I'm so grateful for all they taught me. My mother, Elaine Whiterabbit-Etherington, who always told me to never give up and to go for my dreams no matter how impossible they seemed. And, my beloved aunt, Sharyn Whiterabbit, who has always helped me stay focused and always supported my dreams."

Domestic Violence in Indian Country

Submitted by:
Kiana Beaudin, PA-C
Japjikereiga
Ho-Chunk Nation
House of Wellness Clinic

Domestic Violence is a problem that affects all communities and all class levels. Victims can be any age, gender, race, culture, religion, education and employment level or relationship status. It affects not only the victim, but the victim's family as well. Children in households dealing with domestic violence are at a higher risk to be abused and or neglected as well. Some of these children grow up and become abusers themselves, thereby continuing the cycle of abuse.

Our Ho-Chunk teachings tell us to love one another and that the children are our future. But we are competing with today's popular culture which does not send the same message. The Dalai Lama recently said "All the world's major religions, with their emphasis on love, compassion, patience, tolerance, and forgiveness

can and do promote inner values. But the reality of the world today is that grounding ethics in religion is no longer adequate. This is why I am increasingly convinced that the time has come to find a way of thinking about spirituality and ethics beyond religion altogether". We need to break this cycle and get help for everyone involved.

The first step is recognizing that it is happening. Many people don't feel that they have been abused or are being abusive. Domestic violence is when one person repeatedly does things to control another person.

If your partner repeatedly uses one or more of the following to control you:

- pushing, hitting, slapping, choking, kicking, or biting
- threatening you, your children, other family members or pets
- threatening suicide to get you to do something
- using or threatening to use a weapon against you
- keeping or taking your paycheck
- puts you down or makes

you feel bad

- forcing you to have sex or to do sexual acts you do not want or like

- keeping you from seeing your friends, family or from going to work

Friends and family members, these are signs to watch out for:

- People who are being abused may:
- Seem afraid or anxious to please their partner.
- Go along with everything their partner says and does.
- Check in often with their partner to report where they are and what they're doing.
- Receive frequent, harassing phone calls from their partner.
- Talk about their partner's temper, jealousy, or possessiveness.

People who are being physically abused may:

- Have frequent injuries, with the excuse of "accidents."
- Frequently miss work, school, or social occasions, without explanation.

- Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors).

People who are being isolated by their abuser may:

- Be restricted from seeing family and friends.
- Rarely go out in public without their partner.
- Have limited access to money, credit cards, or the car.

People who are being verbally abused may:

- Have very low self-esteem, even if they used to be confident.
- Show major personality changes (e.g. an outgoing person becomes withdrawn).
- Be depressed, anxious, or suicidal.

Alcohol and substance abuse also play a role in domestic violence, although not everyone who abuses alcohol and other substances are involved in domestic violence.

After recognizing abuse, the next step is to get help. Ho-

Chunk Nation offers many services for people in need:

The Domestic Abuse Program provides a 24 hour crisis/help line, shelter, intervention, counseling, sexual assault services, support groups, transportation, court advocacy, and child care assistance. **HELP LINE:** (608) 565-3096 **TOLLFREE:** 877-847-8689

The Behavioral Health Department provides individual, and couples counseling as well as group counseling. Groups at House of Wellness include: Parenthood is Sacred which strengthens our families through responsible parenting. Keeping Your Cool focuses on anger management. Mending Broken Hearts is for those who need to heal after loss and or grief. AODA (Alcohol and Other Drug Abuse) counseling is also available.

The Health Department Medical Clinics can provide additional support for alcohol and substance abuse with various medications.

FOOT EXAMS AND NAIL CARE WILL BE OFFERED AT THE WITTENBERG TAU TWICE MONTHLY



**NOVEMBER
6th & 20th
DECEMBER
4th & 18th**

(OR AS NEEDED BY APPOINTMENT)

9:30 AM - 2:30 PM

For more information or questions please call:
Community Health Nurse Judy
715-253-3820 or 715-893-3075



Members of the American Indians Against Abuse (AIAA) recently held the October board meeting at the Ho-Chunk Nation Social Services building in Black River Falls. They also participated in the Domestic Violence Walk on Oct. 12. Board members of the AIAA in attendance are (from left) Marilynn Al-loway, Nannette Gokee, Rosemarie James, Julia Smith, Julia McLester, Angela Smith, and Pamela Johnson. Smith is the Ho-Chunk representative for the AIAA board.

"Serving Those Who Served Us"

Introducing the first Ho-Chunk Nation Veterans Supportive Housing Project

PUBLIC INVITED!

November 12, 2012
Noon - 4:00PM

Tribal Office Building
Black River Falls, WI

Lunch at Noon with Presentations
to start at 1:00 PM
(Native Success: what is supportive housing?,
Developing programs for Veterans, timeline;
Cardinal: tax credits for funding; Milwaukee
Veteran's Manor - Permanent Supportive Housing)

October Domestic Awareness Month

Oct. 29.....

**Wear Purple
Day**



Ho-Chunk Nation Domestic Violence Program

Pick up your purple ribbon at the front desks of:

**Social Service, Tribal Clinic
Tribal Office Building &
House of Wellness**



Fun & Fitness Challenge at House of Wellness gets results

Special to the Hocak Worak

Fitness through diet, exercise and healthy lifeways has long been known to be one of the most effective preventive strategies for conditions like obesity, diabetes, high blood pressure, heart disease, joint and back pain and other chronic health problems. It is also the basis for a recently completed preventive health initiative at the Ho-Chunk Nation's House of Wellness.

"Chronic diseases have become the leading cause of death and disability in the United States, accounting for 70% of deaths in the

U.S. The impact of chronic disease affects nearly every American, directly or indirectly, to some degree. Chronic disease is associated with worsening health and quality of life, eventual permanent disability over time, and a reduced life span. The US Centers for Disease Control and Prevention reported that chronic diseases were responsible for five of the six leading causes of death in the United States in 2006. Of the leading causes of death in the United States, 57% were caused by cardiovascular disease and cancer, and nearly 80% of these deaths could have been prevented

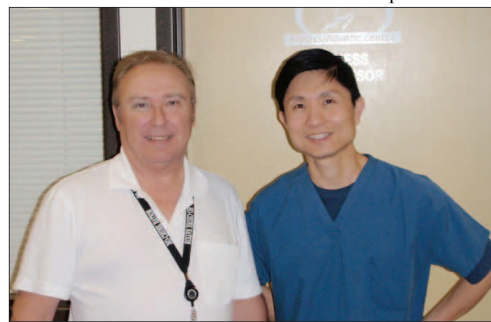
if a healthy lifestyle was followed," says the Challenge program description.

The initiative called the "Fun & Fitness Challenge," was a facility-wide project open to employees of all the departments that operate at the House of Wellness. It was coordinated through the facility's Joint Operations Committee and led by Fitness Specialist, Henry White Thunder.

The Challenge was set up as a pilot project focused on employees to allow the concept to be evaluated and adjustments to be made, if needed. Ultimately, the Challenge may be used as a model to build a broader, community-based program to encourage healthy lifeways. "We designed the program to allow people to find out what their starting point was and improve on that. The challenge part of it was not to compete against others, but to help people gradually reach their goals from where they started. That could be better



Top scoring participants among the ladies participating in the Fun & Fitness Challenge at the House of Wellness were (L-R) Sarah Droste, Carol Koch and Annie Wostal-Bender.



Top scoring participants among the men participating in the Fun & Fitness Challenge at the House of Wellness were (L-R) Gary Ilminen and Charles Lau.

diet, more physical activity, losing weight, decreasing their body fat or other things," explained White Thunder. "We focused on education and helping each person make gradual improvements at their own pace—there wasn't any strenuous type of competition against others, like running or weight lifting as part of the program. Instead, we used a points system for participating in a class or a seminar or getting a check-up, as well as for losing weight, reducing fat mass and other things. We encouraged people to form small teams, not so much to compete against other teams, but to have teammates encourage each other," he continued.

At the end of the program in late September, participants were weighed and measured using a Tanita device that not only provides a very accurate assessment of weight, but can provide data on body fat mass, fat percentage and other indicators. That data in combination with the other activities that were given a score was used to tally up a final overall score for each individual and each team. Small prizes were awarded based on the scores.

The program design made it easy to stay in it, which

was one of the key objectives. Out of 42 individuals that started the program in May, 36 were still in it at the end of September; an 85.7 percent retention rate.

While the results varied by individual, the total weight loss among participants was 152.8 pounds with an average weight loss among those showing a decrease in body weight of 6.6 pounds. The highest individual total weight loss was 17.2 pounds and 23 individuals—63.8 percent of those completing the program—achieved some weight loss. However, since weight loss wasn't the only factor in the scoring for the challenge, those showing a lot of effort by participating in the other aspects of the program were able to be among the high scorers.

The program is tentatively planned to start up again in January 2013, with the potential expansion of participation to include non-employees as well as employees of the facility. Watch the Hocak Worak and bulletin boards at the House of Wellness for future announcements or call Henry White Thunder at (608) 355-1240 extension 5506 for further information.

2012 Diabetes Fair

Diabetes Education - Information & Supplies

SATURDAY NOVEMBER 10, 2012

8:30 a.m. to 11:30 a.m.

Comfort Inn & Suites • Black River Falls

8:30 a.m. **Registration**

9:00 a.m. **"How to Keep Your Kidneys Healthy"**

Margaret Myhre, Nurse Practitioner
Gundersen Lutheran Nephrology

9:45 a.m. **"Nutrition and Your Kidneys"**

Paula Przywojski, RD, CD
Black River Memorial Hospital Dietitian

10:30 a.m. **"Laughter Yoga"**

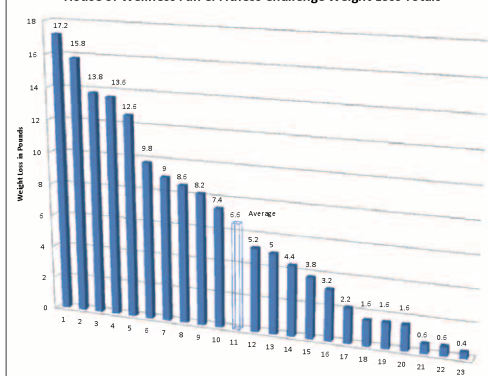
Mike Kueny, Certified Laughter Yoga Specialist from Madison

FREE
Door Prizes
FREE Admission
FREE Refreshments
FREE Blood Sugar Testing

Sponsors: Black River Memorial Hospital, Ho-Chunk Health Department, Jackson County Department of Health & Human Services, Krohn Clinic, Jackson County Public Health.

Funding made possible through a grant from the Lunda Charitable Trust.

House of Wellness Fun & Fitness Challenge Weight Loss Totals



The largest amount of weight loss among 23 people showing weight loss was 17.2 pounds; the average was 6.6 pounds.

IHS Diabetes Care and Outcomes Audit

Submitted by
IHS Public Affairs

American Indians and Alaska Natives (AI/AN) have the highest rates of type 2 diabetes in the United States. Once exclusively a disease of adults, type 2 diabetes is increasingly common among AI/AN youth, threatening the health, well-being, and quality of life of future generations. Diabetes prevention efforts are an urgent priority, as well as diabetes management to prevent complications.

BACKGROUND

For three decades, the IHS has served as a leader in the fight against the diabetes epidemic in AI/AN communities, earning national and international recognition for diabetes quality improvement. Major accomplishments include developing monitoring systems of diabetes clinical care, such as the Annual IHS Diabetes Care and Outcomes Audit, and creating diabetes surveillance systems for tracking diabetes prevalence and complications. The IHS Division of Diabetes

Treatment and Prevention (DDTP) has also developed and mobilized an extensive network to conduct diabetes treatment and prevention programs and activities throughout the Indian health system. Given the limited resources available for diabetes care, the IHS focuses on applying scientifically proven methods to prevent the onset of diabetes and costly diabetes-related complications such as cardiovascular, eye, nerve, and kidney disease.

STATUS

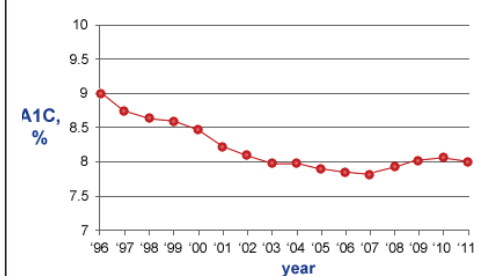
In the Balanced Budget Act of 1997, Congress established the Special Diabetes Program for Indians (SDPI) and provided \$150 million over 5 years for "the prevention and treatment of diabetes in American Indians and Alaska Natives." Funds have been reauthorized at \$150 million per year through fiscal year 2013.

The major components of the SDPI are administered by the IHS DDTP. There are 336 community-directed diabetes programs in 35 states that implement diabetes treatment

and prevention programs based on scientifically proven Best Practices. These programs are designed to address local community priorities. Another 66 SDPI Demonstration Projects successfully completed a 6-year program translating the results of diabetes prevention and cardiovascular disease risk reduction research into diverse, real world Indian health settings. As a result of their work, we now know that it is possible to reduce risk factors for diabetes and cardiovascular disease in AI/AN communities. The IHS is now planning to disseminate their positive results, best practices, and lessons learned throughout Indian country.

Diabetes health outcomes have improved significantly in AI/AN communities since the inception of the SDPI. One of the most important improvements is a 13.7 percent decrease in the mean blood sugar level (A1C) of AI/ANs with diagnosed diabetes (see chart), a major achievement over 15 years. Decreases of this magnitude

Mean A1C 1996-2011



*p < 0.0001 comparing mean HbA1c levels in FY96 and FY09
Source: IHS National Diabetes Program Statistics 1996-2011

translate to an almost 40 percent reduction in diabetes-related complications.

OPTIONS/PLANS

The IHS continues to strengthen its diabetes infrastructure at the Headquarters and Area office levels to maintain and improve diabetes surveillance, technical assistance, provider networks, and clinical monitoring. In addition, the IHS Area Diabetes Consultants provide technical

support to diabetes programs in their respective Areas by supporting culturally sensitive and focused prevention and treatment programs. A rigorous evaluation model for the SDPI also has been developed.

ADDITIONAL INFORMATION

For referral to the appropriate spokesperson, contact the IHS Public Affairs Staff at 301-443-3593.

7th Annual KEEPING HOPE ALIVE Wellness Conference



Thursday, November 8th & Friday, November 9th
Ho-Chunk Casino/Convention Center

**Registration on November 8th & 9th
from 7:30 – 8:30 AM**

Wide Variety of breakout sessions including:

- Diabetes Bingo
- Healthy Holiday Eating
- Aromatherapy

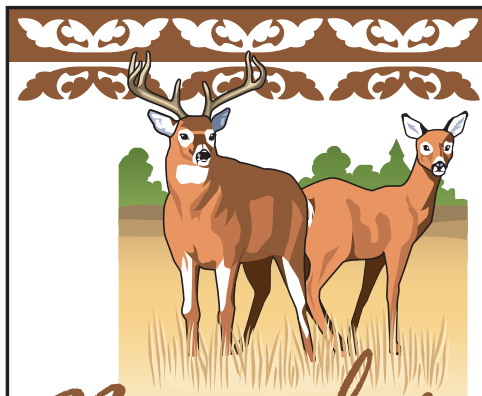
*All Ho-Chunk Nation Employees will be allowed
Paid Administrative Leave to attend.*

**TO RESERVE A ROOM OR
FOR MORE INFORMATION PLEASE CONTACT:**

Lyndsey Owen, CMA
888-685-4422 ext. 5068
Limited Rooms available

Reservations accepted through October 20th, 2012

Funded by the Special Diabetes Program for Indians



November Elders Birthdays

- | | |
|-------------------------|-----------------------|
| 1 Dawn Littlejohn | 14 Barbara Schaub |
| 2 Ruth Whitehorse Burns | Lindley Thompson Jr. |
| 3 Cynthia Radtke | 15 Lois Lonetree |
| 4 Michael La Mere | 17 Margaret Pardini |
| Gertrude Rusu | Shirley Petersen |
| Carol Rockman | Jo Ann Maney |
| Georgia Oltman | 18 Mary Jo Brooks |
| 7 Leona Davenport | 21 Robert Yellowbank |
| Earl Topping | Robert Mudd |
| 8 Carol Riese | 22 Errol Whitewing |
| 9 Stanley Blackdeer | 23 Martin Yellowbank |
| Sandra Sue Lanier | 24 Elena Greendeer |
| Sandra Winneshiek | Elizabeth Houle |
| 10 Thomas Hopinkah | 25 Louise Redcloud |
| Delphine Blackcoon | Mary Anwash |
| 11 Charlotte Tipton | 27 Sharyn Whiterabbit |
| Rosetta Rae Hunt | 28 Myrtle Long |
| 13 Tennyson De Cora | Joseph Gleason |
| | 30 Alvin Rockman |

November- Native American Heritage Month

Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day.

It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.



Be a sure shot at Necedah Refuge

Submitted by Katie Goodwin, U.S. Fish and Wildlife Service

Necedah National Wildlife Refuge, located in central Wisconsin, is prime hunting ground with marshes, upland woods, and open meadows. Although changes have been made recently to state hunting laws, the public is reminded that hunting for coyote and wolf is prohibited at Necedah National Wildlife Refuge, a federal property administered by the U.S. Fish and Wildlife Service. National Wildlife Refuges are, by law, closed to activities until opened

after a public review process. The timing and development of this hunt precluded an opportunity to do so.

Hunting opportunities on the refuge do include migratory birds, white-tailed deer, turkey, rabbit, snowshoe hare, ruffed grouse, raccoon, gray and fox squirrels. Hunting questions regarding Necedah National Wildlife Refuge can be directed to law enforcement officials by calling (608)565-2551.

Necedah National Wildlife Refuge was established in 1939 as a refuge to migratory birds and wildlife. The site

covers close to 44,000 acres near Necedah, Wisconsin and includes oak savanna, wetlands, and pine-oak forests. The refuge is open sunrise to sunset 365 days a year. For additional information on the natural and cultural history of Necedah National Wildlife Refuge please visit us online at <http://www.fws.gov/refuge/necedah/>.

Necedah National Wildlife Refuge Visitor Center is open seven days a week from 7:30am to 4pm spring through fall, excluding Federal holidays and open Monday

through Saturday during the winter. The office is located off of Highway 21 four miles west of Necedah or 18 miles east of Tomah.

For more information on the Midwest Region of the U.S. Fish and Wildlife Service visit <http://midwest.fws.gov>.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known

for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov.

Connect with our Facebook page at [facebook.com/usfwsmidwest](https://www.facebook.com/usfwsmidwest), follow our tweets at twitter.com/usfwsmidwest, watch our YouTube Channel at [youtube.com/usfws](https://www.youtube.com/usfws) and download photos from our Flickr page at [flickr.com/photos/usfwsmidwest](https://www.flickr.com/photos/usfwsmidwest).

Romney

Continued from Page 7

their culture to the rich fabric of this great country. My administration will treat this government-to-government relationship with the respect it deserves. I believe that along with continued self-determination, tribes must be empowered to pursue continued economic development and expanded prosperity. I welcome the support and input of the tribes in our fight to restore America as the most prosperous country in the world and a beacon of liberty.

What is the best way to resolve conflicts between tribal nations and the federal and state governments?

My administration will be committed to fostering and preserving a strong relationship with our nation's tribes; one built on mutual consideration, respect and trust. As president, I will work with the tribes to improve vital services and receive input on policy. For example, I respect the unique relationship Native American tribes have with the land. I believe this relationship is key to both tribal culture and future prosperity. I am dedicated to ensuring that that relationship is not adversely encroached upon. In addition, my administration will work to improve government inefficiencies that hinder federal services to tribes and impede tribes' economic opportunities.

Where do you stand on tribal gaming?

I respect the sovereignty of tribal governments and the rights of tribes under federal law, including their rights to operate gaming facilities in compliance with the law. I realize that tribes have thrived in their management of the gaming industry. This success should be respected and not hampered by Big Labor special interests. Additionally, I will fight attempts by Big Labor to compromise the economic liberty of Native Americans.

What is your position on the Keystone XL pipeline?

North America is the fastest-growing oil- and gas-producing region in the world, and the continent now has an opportunity to achieve freedom from OPEC that would not have even been contemplated just 10 years ago. Unfortunately, President Obama has chosen to turn his back on America's neighbors. He rejected the Keystone XL pipeline, which would have dramatically increased the supply of Canadian oil to the U.S. market, and now Canada plans to send that oil to China instead. Today, America still imports more oil from OPEC than it does from Canada and Mexico.

As Canadian Prime Minister [Stephen] Harper notes, fostering a greater North American energy

partnership that replaces OPEC imports with stable supply from secure sources at discounted prices should be a no-brainer. And Mexico is now displaying a renewed interest in collaborating with outside partners to increase development of its own plentiful resources. By collaborating with these countries on energy development, America can guarantee itself a reliable and affordable supply of energy while also opening up new opportunities for American businesses and workers in the region. Construction of the Keystone XL pipeline is a crucial step in my plan to achieve North American energy independence by 2020. On day one of my presidency, I will approve the Keystone XL pipeline.

SUMMONS (First Publication)

IN THE HO-CHUNK NATION TRIAL COURT

State of Wisconsin, Petitioner, v. Corey M. Smith, Respondent.
Case : CS 12-71

TO THE ABOVE-NAMED RESPONDENT: Corey M. Smith

You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the Petition to Register & Enforce a Foreign Judgment or Order is now served upon you by publication. Your written Answer to the Petition must be filed with the Court on or before the twentieth day from the date of the second published issuance of this Summons. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDNANCE, 4 HCC § 2.5. Also, you must send or present a copy of your Answer to the opposing party listed above or to their attorney of record. Failure to file a timely Answer in the time allowed can affect your right to object to the enforcement of the foreign judgment or order. Id., § 2.6c.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court's mailing address is P.O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS (Second Publication)

IN THE HO-CHUNK NATION TRIAL COURT

Betty White, Plaintiff(s), v. Dion Funnaker, Defendant(s).
Case : CV 12-58

TO THE ABOVE-NAMED DEFENDANT(S): Dion Funnaker

You are hereby informed that you have been named a defendant in the above-entitled civil lawsuit. This legal notice of the Complaint is now served upon you by publication. Your written Answer to the Complaint must be filed with the Court on or before the twentieth day from the date of the published issuance of this Summons in. See Ho-Chunk Nation Rules of Civil Procedure, Rules 3(C)(1)(f), 6(A). Also, you must send or present a copy of your Answer to the opposing party listed above or to their attorney of record and provide the Court with a Certificate of Service. Failure to file a timely Answer in the time allowed can result in a default judgment being entered against you. Id., Rule 54.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court's mailing address is P.O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS (Second Publication)

IN THE HO-CHUNK NATION TRIAL COURT

Nona Danforth, Petitioner, v. Vincente Vega, Respondent.
Case : CS 12-62

TO THE ABOVE-NAMED RESPONDENT: Vincente Vega

You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the Petition to Register & Enforce a Foreign Judgment or Order is now served upon you by publication. Your written Answer to the Petition must be filed with the Court on or before the twentieth day from the date of the second published issuance of this Summons. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDNANCE, 4 HCC § 2.5. Also, you must send or present a copy of your Answer to the opposing party listed above or to their attorney of record. Failure to file a timely Answer in the time allowed can affect your right to object to the enforcement of the foreign judgment or order. Id., § 2.6c.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court's mailing address is P.O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS (Second Publication)

IN THE HO-CHUNK NATION TRIAL COURT

State of Wisconsin & Adam J. Buttner, Petitioner, v. Kaitlin Scholze, Respondent.
Case : CS 12-62

TO THE ABOVE-NAMED RESPONDENT: Kaitlin Scholze

You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the Petition to Register & Enforce a Foreign Judgment or Order is now served upon you by publication. Your written Answer to the Petition must be filed with the Court on or before the twentieth day from the date of the second published issuance of this Summons. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDNANCE, 4 HCC § 2.5. Also, you must send or present a copy of your Answer to the opposing party listed above or to their attorney of record. Failure to file a timely Answer in the time allowed can affect your right to object to the enforcement of the foreign judgment or order. Id., § 2.6c.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court's mailing address is P.O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

TERO is conducting free training classes!

Topics covered to help emphasize skills you need or may want to touch up on to enhance and improve your employability.

- Customer Service skills and Interviewing techniques
- Complete an Application; resume writing and cover letter, and
- The Telephone Doctor.

Classes in the Black River Falls Area will be November 2012-January 2013. Registration deadline for November's trainings is Nov. 6.

- Must be enrolled in a federally recognized Tribe
- Must be at least 18 years of age
- Must be active participant in the TERO Job Skills Bank

November 8 – Telephone Etiquettes, customer service pt.1

November 15 – Telephone Etiquettes, customer service pt.2

Contact Sage Funmaker for dates and locations
1-800-294-9343 ext. 1136 or
Sage.Funmaker@Ho-Chunk.com

Watch up-coming Worak's for trainings in your area.

Ho-Chunk Nation
Law Enforcement Commission
Commissioner/Alternate Position Vacancies

Shawano County Commissioner and Alternate Commissioner

The Ho-Chunk Members of Shawano County have a County-Tribal Law Enforcement Agreement and shall select a Commissioner and an Alternate Commissioner from Shawano County, by majority vote. The Alternate Commissioner shall serve only in the absence of the Commissioner. The Ho-Chunk Legislature shall confirm the appointments of the Commissioner and Alternate Commissioner.

The Commissioner and Alternate Commissioner shall serve a two (2) year term and shall serve no more than three (3) consecutive terms.

Qualifications

A Commissioner and Alternate Commissioner shall meet the following qualifications:

- A member of the Ho-Chunk Nation.
- At least twenty-five (25) years of age.
- A resident of the county of representation for at least one (1) year.
- A satisfactory background investigation shall be required. Any felony conviction within the immediately preceding ten (10) years would prohibit any person from serving on the Commission unless waived by the Legislature when the person has demonstrated and shown that his/her prior activities do not pose a threat to the credibility and integrity of the Commission.
- Not an employee of a law enforcement department.
- Not an immediate family member of either the Attorney General or the member attorney from the Department of Justice.

For more information, please see the Law Enforcement Commission Establishment and Organization Act.

Career Expo



November 16th, 2012

10:00 am to 3:00 pm

Proudly presented by the Ho-Chunk Nation Higher Education Division, this Career Expo at Ho-Chunk Gaming- Wisconsin Dells is a great opportunity to learn more about employment with the Ho-Chunk Nation. Representatives from various Executive Departments and from casino operations will have booths to discuss a vast array of employment opportunities. Also present will be various colleges that can offer you educational opportunities to expand your professional marketability. See you at the Expo!

Featured Presenters:

- Health Department
- Business Department
- Heritage and Preservation
- Education Department
- UW-Stevens Point
- Western TC
- Viterbo
- UW-Madison
- And many more!



Contact Dan Libke with any questions at
(715) 284-9343
daniel.libke@ho-chunk.com

Are you looking for a job?

Eligibility Requirements:

- Unemployment 7 days or more unemployed OR
- Working for the same employer for 6 months with little or no chance of promotion or advancement (Base Wage equal or less than \$12.00 hour required) OR
- Received a bona-fide notice of impending lay-off, with little opportunity of rehire in the same or equivalent occupation.

You must be an enrolled member of a federally recognized tribe or a descendant of a tribal member.

You must reside in the 39 county service areas in Wisconsin.

Supportive Services

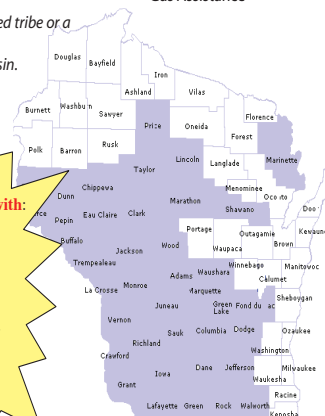
Uniforms
Safety shoes
Car insurance (1 Month Liability)
Tools
Professional Supplies
Lunch Assistance
Gas Assistance

Can't come
to us?

We can come
to you

We offer Help with:
Resumes
Applications
Typing Tutor
One on one
Trainings
GED/HSED
Mock Interviews

Call the Ho-Chunk
Nation Department of
Labor and ask to speak
with a 477 Case Manager 715-284-5877



Need more training to get that promotion?



WINTER COAT AND BLANKET DRIVE
PLEASE DONATE YOUR GENTLY USED
COATS, BLANKETS, OUTER WEAR TO THE
CHEYENNE RIVER SIOUX TRIBE OF SOUTH DAKOTA
ALL ITEMS WOULD BE GREATLY APPRECIATED

**DONATION BOXES AT THE HCN EXECUTIVE BUILDING AND
THE HOUSE OF WELLNESS thru mid month of NOVEMBER
715-299-4278 FOR PICK UP**



Habitat for Humanity of Sauk-Columbia Area
Invites Sauk & Columbia county residents to an
informational meeting to be held on

Tuesday October 30 at 6:30 pm
in the House of Wellness's Alberta Day Room

For more info call Wendy Scheider
at (608) 448-2888

**Andrew Blackhawk
American Legion Post 129**

Meeting notice

First Tuesday of the month

November 6, 2012

Meetings Starts: 6:00 pm

Need all available members at the meeting
(Veterans, SAL and Auxiliary)

Need at least 10 to 15 members for
turnout for upcoming events.

Volk Field Pow-Wow

Hunting Season activities

Christmas fund raiser

Get Ready for Mid Winter Conference
at HCG-Baraboo

Incentive to sign up for door prize.

Attention Hunters!

Dates to Remember:

Bow

September 15 – November 15

November 17 – January 6, 2013

Gun

November 17 – November 25

Muzzleloader

November 26 – December 5

****Review the 2011 Wisconsin Deer Hunting Regulations for additional details.****



**2012 HCN Hunting Packets are now available.
Please contact or stop into the HCN DNR office
to get a copy.
(800) 944-1652**

DD FORM 214 -- SOCIAL SECURITY BENEFIT

Good information for all Veterans who served on Active Duty between 1957 and 2001!

DD FORM 214 -- SOCIAL SECURITY BENEFIT

Please share this with anyone who's had active duty service between **January 1957 to December 31, 2001** and planning for retirement.

In a nutshell it boils down

to this:

You qualify for a higher social security payment because of your Military service, for active duty any time from 1957 through 2001 (the program was done away with 1 January 2002).

Up to \$1200 per year of earnings credit credited at time of application - which can make a substantial difference in social security

monthly payments upon your retirement.

You must bring your DD-214 to the Social Security Office and you must ask for this benefit to receive it!

Soc Sec website: <http://www.ssa.gov/retire2/military.htm>

This is something to put in your files for when you apply for Social Security down the road...

It is NOT just for retirees, BUT anyone who has served on active duty between January 1957 to December 21, 2001.

FYI - this benefit is not automatic, you must ask for it!

We've all been on active duty between 1957 and 2001 or know someone who has.

Passing on good information for all you military folks

when you apply for social security. I know this may be too early for some of you to think about social security but, keep living and you will reach that age.

35th Annual VETERANS DAY POW-WOW VOLK FIELD - CAMP DOUGLAS, WI Saturday Nov. 10, 2012

In Honor Of
128th Infantry Company D, 32nd "Red Arrow" Division



Sponsored by:

DORA

Descendants of
Red Arrow & Friends

Individuals in photo: William Decorah, Allen Decorah, Russius Decorah, Foster Decorah, George Miner & John Miner

Program of Events:

11:00 AM Flag Raising
Andrew Blackhawk American
Legion Post129,
Welcome to post: Col. Essex
Noon Meal Provided
by D.O.R.A.
1:00 PM Keynote Speaker TBA
Pow-wow Grand Entry
5:00 PM Evening Meal Provided
By D.O.R.A.

Alcohol or drug use is strictly prohibited. Organizers and event hosts are not responsible for any personal items or property.

Pow-wow Information:

Host Drum
Winnebago Sons
Open Drum
Family Veterans Songs
Traditional Giveaways
Fundraisers
Auction: Donated by D.O.R.A.

Contact: Quentin Thundercloud
(608) 372-9558

IN WISCONSIN, YOU DON'T HAVE TO
WAIT UNTIL ELECTION DAY TO VOTE.
YOU CAN VOTE EARLY.



**YOU DO NOT NEED A PICTURE ID TO VOTE.
NOT REGISTERED?**

YOU CAN REGISTER AND VOTE AT YOUR
EARLY VOTE LOCATION—JUST BRING:

- ▶ A WISCONSIN DRIVER'S LICENSE OR
STATE ID NUMBER, OR THE LAST FOUR
DIGITS OF YOUR SOCIAL SECURITY NUMBER
(If you don't have a Wisconsin license)

AND

- ▶ A DOCUMENT THAT SHOWS WHERE
YOU LIVE *(If the above doesn't show current address)*

EXAMPLES INCLUDE:

- Utility bills, phone bills, bank statements, paychecks,
leases, and other government forms
- This can be a printed document or an online bill or
statement shown on an electronic device, such as a
smartphone or laptop
- It must include both your complete name and your
current Wisconsin address

EARLY IN-PERSON VOTING DATES:

OCT. 22ND – NOV. 2ND

FOR MORE INFORMATION

**VISIT OWNYOURVOTEWI.COM
OR CALL 1.855.VOTE.177**

(1.855.868.3177)

PAID FOR OBAMA FOR AMERICA